

BIENNIAL REPORT

OF THE

VISITING PHYSICIAN

OF THE

Oregon Hospital for the Insane

TO THE

LEGISLATIVE ASSEMBLY.

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TWELFTH REGULAR SESSION—1882.

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1882.

## BIENNIAL REPORT.

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*To His Excellency, Hon. W. W. Thayer, Governor of the State of Oregon :*

I herewith submit my biennial report of the insane and idiotic, beginning September 1st, 1880, and ending August 31st, 1882.

On the 31st of August, 1880, the whole number of patients in the asylum was:

STATE.	
Males .....	203
Females.....	78

PRIVATE.	
Males .....	3
Females .....	2
Total .....	286

The number of admissions during the past two years has been :

STATE.	
Males .....	161
Females .....	60

PRIVATE.	
Males .....	17
Females .....	17
Total .....	255

The discharges have been :

STATE.	
Males .....	94
Females .....	30

PRIVATE.	
Males.....	14

Females.....	8
Total .....	146

The deaths during the same period of time have been :

STATE.

Males.....	47
Females.....	14

PRIVATE.

Males.....	2
Females.....	3
Total.....	66

There have been two escapes.

The whole number under treatment during the past two years has been :

STATE.

Males.....	364
Females.....	138

PRIVATE.

Males.....	20
Females.....	19
Total.....	541

The number in the Asylum August 31, 1882, was :

STATE.

Males.....	221
Females.....	94

PRIVATE.

Males.....	4
Females.....	8
Total.....	327

Of those discharged there were cured :

STATE.

Males.....	65
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Females.....	11
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PRIVATE.

Males.....	7
Females.....	3

Total.....	86
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Improved.

STATE.

Males.....	28
Females.....	18

PRIVATE.

Males.....	5
Females.....	4

Total.....	55
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Unimproved.

STATE.

Males.....	1
Females.....	1

PRIVATE.

Males.....	2
Females.....	1

Total.....	5
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Of those remaining in the Asylum at this date the form of disease is :

Acute Mania.....	44
Chronic Mania.....	175
Melancholia.....	21
Dementia.....	39
Idiocy.....	12
Epilepsy.....	17
Recurrent Mania.....	6
General Paralysis.....	1

Total.....	315
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## CARE OF THE INSANE.

Now that the State is about to assume immediate care of the insane, the question: "How can the task best be done?" recurs with increased interest to every intelligent mind. There are those who would favor some radical change, brought about by legislation, transferring the keeping of insane patients from the State to the counties from which they have hitherto been committed. The experience of all ages condemns the proposition.

Were it adopted, unfair burthens would be imposed on counties bordering on other States and Territories from which insane persons are often transported to avoid responsibility and expense. The care of the insane belongs to the State, and the expense for their keeping should be paid, as at present, from the general coffer of the State. Of patients now in the Asylum, it will be seen by the statistical report herewith transmitted, that there are forty-four cases of acute mania, 175 chronic, and twenty-one suffering from melancholia, making 240 of the total, 315, whom, in my judgment, it would be both unpolitic and inhuman to attempt to keep outside of an institution with less capacity than a well-conducted State Insane Asylum.

Nor could the remaining seventy-five be kept and taken care of properly by the counties without prejudice to local interests incompatible with the spirit of our institutions. Of the demented and idiotic, there may be a small number who could be cared for as paupers without expense to the State, but they are so few that the item is unimportant.

Among those who have given attention to the subject of keeping the insane, there is entire unanimity in the opinion that the Asylums of the future should be more simple and rational than those of the past. An Asylum is not a prison in every sense of the word. It is true that restraint is necessary, but that restraint can be exercised oftener by kindness and indulgence than by harsher means. Hence the necessity of locating Asylums on tracts of land where the patients may be employed in any capacity in which they are capable to operate with advantage to themselves and interest to the State. In Europe this reform has already begun, as also in some of the States of this Union. There are many incurable insane patients whose comfort is enhanced by affording them opportunity to work at some business congenial to their past habits of life, or to their peculiar ideas of their present condition.

And their labor should be economized for the benefit of the State.

Chronic and incurable patients should, as far as possible, be kept apart from those afflicted with acute mania.

Many incurable patients are able and anxious to work, and to deprive them of the opportunity is inconsistent with the rational idea of the present age. Hence the necessity for the State owning land enough surrounding or adjacent to the Asylum, upon the cultivation of which

insane patients may be employed. Too little consideration is given to the value of labor as a therapeutic agent in our Insane Asylum.

In Europe labor is the rule in all well-regulated houses for the insane. Labor is the great panacea for many of the ills that flesh is heir to. The experience of every rational mind confirms this fact. That labor is an invaluable aid in doing away with mechanical restraint and also with the use of narcotics in controlling the insane is a fact beyond dispute. If for no other reason than, as far as possible, to abolish the use of mechanical and medical restraint, humanity demands that the authorities controlling the management of insane asylums make the employment of patients the most prominent and distinguishing feature of that humane and important work. Of the 175 chronic maniacs now in the Oregon Insane Asylum, a majority could be profitably employed ~~at~~ their own benefit and also to that of the State. It is due to the present management of the institution to say that, as far as practicable, this rule has been adopted.

In conclusion, under this head, it is proper to state that I have deviated somewhat from the past customs of my predecessors in giving the names of patients who have died and the immediate causes of their decease. The friends and relatives of the unfortunates are always promptly informed, and they alone are entitled to such information.

One thing now before I conclude. The insane are soon to be taken under the immediate charge of the State. The superintendent and his subordinates must necessarily be appointed by the Governor, directly or indirectly, unless otherwise ordered by the Legislature. No political influence should be permitted to control the appointment of any one having charge of the insane. There are numbers of our brotherhood and sisterhood of this our common race—charges upon all not bereft of reason. Then let competency alone be the standard of qualification for those who have charge of them.

Regarding the execution of the duties imposed upon me, by reason of the position assigned me by your Excellency, I submit to the judgment of those with whom I have been associated, and to the opinion of an honest public.

## PERSONAL.

I should be unmindful of the cherished recollections of a personal friend and public benefactor, were I to close this report without referring to the late Superintendent and proprietor of the asylum, Dr. J. C. Hawthorne. His death was a public bereavement. Gifted by nature with firmness of will, yet gentleness in dealing with all who came in contact with him, in every relation of life, he was eminently qualified for the humane work in which he was engaged when called to render his final account. He died as he had lived, at peace with all mankind, and his memory will survive as long as truth, honor and

philanthropy remain cardinal virtues in summing up human character.

And in this connection I beg leave to refer to Mrs. Hawthorne, who survives her husband, and whose kindly ministrations to the unfortunate inmates of the asylum are and ever have been unremitting, tender and faithful. Since the death of Dr. Hawthorne, she has been constant in visiting the asylum and giving her personal attention to the care and comfort of the patients. She is entitled to and will doubtless receive, at the hands of the Legislature, as she does from the people, recognition of her humane services in behalf of the helpless and suffering.

To Dr. Simeon Josephi, upon whom the duties of Superintendent devolved upon the death of Dr. Hawthorne, I tender sincere thanks for courtesies extended. He has efficiently and faithfully filled the important position to which he was so suddenly called, and merits continued confidence from the public.

I also acknowledge obligations to Dr. Geo. E. Nottage for personal and professional courtesies. Steward, Matron, and all others in service at the asylum, have, without exception, so far as my duties have permitted me to know, been diligent and faithful in their respective positions, as they have invariably been respectful and kind to me.

To your Excellency I am indebted for the confidence you have seen fit to repose in me, and in this, my final report, permit me to tender thanks, and to assure you of my highest regard.

C. H. RAFFETY, M. D.,

State Visiting Physician for the Oregon Insane Asylum.  
EAST PORTLAND, OREGON, Sept. 1, 1882.